

# HORIZONS

## Central Blue Mountains Rotary

*We live here - We work here - We give back*

Rotary District 9685 - Australia

Wednesday, April 17, 2024



*Autumn display at Mt. Tomah*

*File image*

# Comin' up

## Stuff you should know about



Fearless Leader

Then we heard from Chris Webber who has published a book called Mountain Mishaps about misadventures in the Blue Mountains, some bad luck, some very bad planning. This book can be purchased in local bookstores.

On 9 April the weather was extremely kind to the students at Blue Mountains Grammar for their cross-country run day.

Something was in the air as they ate their way through a mighty lot of sausages and bacon, not to mention cupcakes supplied by their supporters of the Compassion Project.



Meeting with the Lady Mayor of Quezon City on Rotary matters.

Last week we met at 6.00pm for 6.15pm business session, followed by dinner and our two guest speakers at 7.00pm.

First up was Chris Shanley from the Mountain Mentors group. They are local volunteers who are helping a refugee family who are arriving in Katoomba during April.

This seems like a great opportunity for us to get involved in welcoming these folks and helping to settle them in where we can.

If you are interested in hearing more about this project, Viv has pamphlets from the group.

I should have a final figure on their profit by Wednesday night.

Jennifer and I have been in the Philippines representing the RI President and the District 3780 District Conference.

It has been a non-stop blast of Rotary

business, food, dancing, singing and selfies. We will give you a report on Wednesday night.

This week is a business week and we have some very exciting business to transact – you will have to be there to see what it is.

See you on Wednesday.

Cheers, Ian.  
in Manila



<https://www.facebook.com/centralbluerotary>



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To benefit the future health of Australians through research, contact us today for a **FREE BEQUEST KIT**

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# Ten minutes with MHERV could save your life

**Health checks do matter and MHERV is on the road with a comprehensive tour of rural and regional NSW**

**Men's Health Education Rural Van (MHERV) is in the Blue Mountains this week.**

- ✓ Katoomba RSL - April 16 - 17 - 09.30 to 15.30
- ✓ Springwood - April 18 - 19 - IGA car park - 09.30 to 15.30
- ✓ Glenbrook Rotary Markets - April 20 - 08.30 to 15.30

MHERV is a project of the Rotary Club of Warners Bay and visits around 100 towns in NSW each year.

Doing two tours a year, with a registered nurse, it travels around rural and regional NSW, to run clinics, offering free health checks. The Heart Foundation says "someone in Australia dies from heart disease every 30 minutes."

Heart attacks and strokes happen without warning, but can often be averted if a test can bring about urgent treatment.

Since 2017, MHERV has probably saved around 450 lives.



**MHERV is not just for blokes  
Women are welcome to attend the clinic**

**Free blood pressure, cholesterol and blood sugar tests  
No appointment necessary**

***Since 2017, MHERV has been out in the backblocks of NSW on two scheduled tours per year seeking out the menfolk who haven't seen the inside of a doctor's rooms for years. These are the blokes who drop dead in a paddock, because nobody saw it coming.***

<https://mherv.com.au/when-and-where/>

## Practical Ways to Stop Domestic Violence in Your Community - A Rotary Club Webinar

Rotarians across Australia, New Zealand and the Pacific Islands have joined together to spread awareness, provide assistance, and offer resources to combat family and domestic violence.

"By working together, we can make a significant difference in reducing this pervasive issue, across Rotary Zone 8," District 9685 Governor Christine Owen says.

Christine invites you to join her for an Educational Webinar at 6pm-7.30pm AEST, Wednesday, May 1, 2024 – the start of Domestic Violence month.

The webinar will be hosted by Rotarian, Sallianne McClelland.

Speakers:

- Annabelle Daniel OAM - Founding CEO Women's Community Shelters, Chair DV NSW, Chair Coercive Control Implementation Taskforce

- Jess Hill - NSW Premier's Woman of Excellence 2024, Journalist, Author and Educator on Coercive Control
- Dannielle Miller OAM Educator, Freelance Writer, Best Selling Parenting Author and Director of Walk The Talk with Women's Community Shelters

The webinar is free and open to all Rotarians. Register for this event NOW by clicking the link:



Christine Owen

<https://events.teams.microsoft.com/event/f9de7b9f-9832-4642-9889-3c152d3edfcd@a97f4a59-a6ed-4133-929e-86a07e66a588>

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# Two guest speakers at Central Blue

We were fortunate to have two guest speakers on April 07, Chris Shanley, co-convenor of Mountain Mentors and Christopher Webber who has published a book titled Mountain Mishaps.

**Mountain Mentors** is an interesting local volunteer organisation in the Blue Mountains supporting recently arrived refugees through a new program called Community Refugee Integration and Settlement Pilot.

“It’s a real privilege to be able to take an active part in helping refugees build a new life in freedom and peace in our area,” Chris Shanley told our members.

**Mountains Mishaps** details more than 620 incidents across the Greater Blue Mountains World Heritage Area over the course of the last 150 years.

The book is an extensive historical catalogue of search and rescue operations and highlights the dangers of exploring the national park when unprepared and inexperienced.

Stories range from rescues in the bush to road, air, and railway incidents.

Unpredictable weather patterns and natural disasters such as snow storms, floods, landslides and tremors also feature.

The local history of the geology of the area, as well as its railway and emergency services are included. The incredible bravery and selfless efforts of professional and volunteer rescuers resound in every incident recorded.



***“It’s a real privilege to be able to take an active part in helping refugees build a new life in freedom and peace in our area,” Chris Shanley said.***

*images: Viv Byrnes*



*Christopher Webber author of Mountain Mishaps photographed with Ian Scott during his presentation*

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## April is Rotary’s Environment Month

Supporting the environment is Rotary’s seventh area of focus. It joined peace-building and conflict prevention; disease prevention and treatment; water, sanitation, and hygiene; maternal and child health; basic education and literacy; and community economic development.

Rotary is committed to supporting activities that strengthen the conservation and protection of natural resources, advance ecological sustainability, and foster harmony between communities and the environment.

The Rotary Foundation in Foundation global grant funding has allocated 18.4 million USD to environment-related causes in the past five years through their support of community economic development and water, sanitation, and hygiene projects.

Our Water and Sanitation Global Grant with International partner RC of Fig Garden addresses sanitation issues which affect the environment in twenty-one remote villages in Northern Thailand.



# The “Pluses” of PolioPlus

by Terry Ziegler,  
Polio Eradication Update  
Newsletter Editor

With the help of our partners and over 200 governments of the world, we have vaccinated over three billion children against the dreaded Poliovirus, saved over twenty million children from paralysis, saved over two million from death, and we have reduced Polio cases by over 99.9%.

However, we are doing so much more than “just” eradicating Polio.

We have helped to equip and staff 146 laboratories worldwide to quickly identify Polio cases and have also used them to support the identification and treatment of many other diseases.

We have perfected a mass immunization model to maintain the correct temperature for the Polio vaccine which has facilitated the immunization of billions of children.

We have completed thousands of clean water and sanitation projects



worldwide to decrease the amount of Poliovirus in wastewater systems and to protect children from many waterborne diseases.

We have prevented over 1.25 million deaths by giving Vitamin A drops at the same time as the Polio vaccines.

We have improved surveillance systems which have been used to identify the Poliovirus as well as other communicable agents.

We have strengthened health systems worldwide which has increased routine healthcare and immunization of children.

We have saved more than \$27 billion in health costs since 1988, and a recent study led to the conclusion that in some areas of the world, each dollar spent on the Polio eradication effort will yield 49 dollars in future economic savings. We have supported Polio Survivors with mobility devices and health care in countries without those resources.

We have created thousands of jobs including temporary jobs for Polio vaccinators, permanent healthcare professional jobs, and jobs for polio survivors. In addition, many of over twenty million children who have been spared the paralysis of Polio are now better prepared to be more productive citizens.

The legacy of a polio-free world and the publicity the eradication of Polio will lead to a more committed and a larger global Rotary membership.

Finally, each of these “Pluses” are in their own way, a small step toward a more peaceful world.

## Remembering Paul Alexander, the Rotarian who lived in an iron lung for 70 years

Rotarians throughout the world were saddened recently to hear of the death of Paul Alexander, aged 78, of Texas USA, who spent 70 years of his life living in an iron lung after contracting polio at the age of eight.

During his incredible life, Paul overcame seemingly insurmountable obstacles and became an accomplished lawyer, author, artist and advocate.

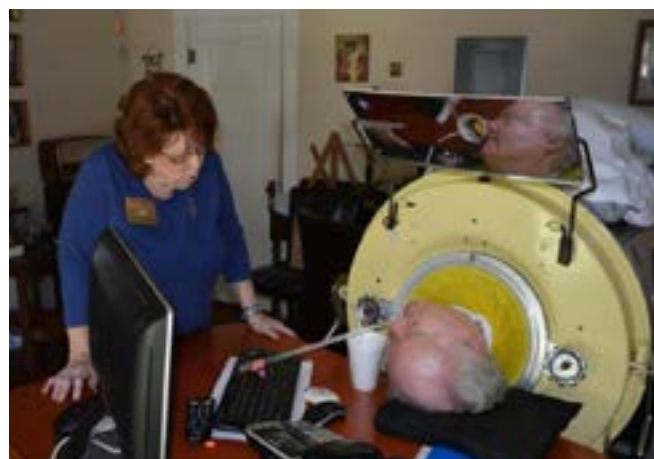
He was a proud Rotarian and enjoyed sharing his story to inspire action on eradication efforts.

Since joining Rotary, he became a popular speaker in the Dallas, Texas Rotary community, addressing large gatherings and Rotarians at a district conference.

The Waxahachie Rotary Club, in Texas, which builds wheelchair ramps as a project, built him a new ramp when they heard he transported his iron lung to the hospital or for longer trips.

“It means so much to me to belong to this organization,” Paul Alexander said, during a phone call to his home recently.

“I’m having a great time and staying awake at night thinking of ideas. So many people have come into my life. I never knew there were so many caring people out there.”



*image supplied*

# Our “BIG DAY OUT” at BM Grammar School

Tuesday, April 9... We towed our large, sausage cooking van into Blue Mountains Grammar School to assist students raise money for one of their charity projects.

Barbecue Guru Eric Cantor said sales totalled \$2,855, which included income from a cake stall run by students.

“We used 288 sausages, 9kg bacon, 10dozen eggs, 330 bread rolls, 15kg onions, 250 drinks, five bottles of tomato sauce, four bottles of BBQ sauce, one mustard, and two jars of pickles.”

Staffing was a struggle at the start, Eric said, “but we managed, with great assistance from Lucian Keegel, E-club of Greater Sydney. First sale at 09:15. Constant sales from 09:30 to 12:00, and we were packed up just as the afternoon rain set in.”

This was a Central Blue Mountains Rotary community service event for BM Grammar. After expenses, all profit is donated to a student charity.

“It was an excellent day, good weather, and a pleasure to be of service to such a great school,” Eric Cantor said.



“Later, a school representative said: “Thanks to the Rotary team for bringing their skills, time and fine cooking to BMGS. It is always much appreciated.

“Over the years, we have donated the money raised from the Cross Country BBQ to Compassion Australia. As of this year, we have sponsored a 12 year-old girl from East Indonesia.

“Thanks again, and we are looking forward to seeing you at the BMGS Athletics carnival, later in the year.”

## RI's Council on Resolutions is seeking resolutions from clubs and districts

The Council meets online each year to vote on proposed resolutions submitted by clubs, districts, the RI Board.

Each district's Council representative participates in the Council on Resolutions, and every club and district may propose resolutions.

Proposed resolutions from clubs and districts for the Council on Resolutions must be received by Rotary International on or before 30 June, 2024 through the online form found on the <https://my.rotary.org/en/learning-reference/about-rotary/councils> page of MyRotary website.

Resolutions proposed by clubs must also be approved, or endorsed, by the clubs in its district at its district conference, a district legislation meeting, or through a ballot-by-mail, before it can be submitted to Rotary.

The club's board of directors must first submit the proposed resolution to the club members for adoption, before sending it to the district.

## Rotary Leadership Institute #79 for 9685 open for registrations

With a one hour session on Friday 17th May, and the rest of the session running over Saturday and Sunday 18th and 19th May over zoom, this will be our last course for this Rotary year.

RLI convenor, Amanda Barnes says this learning and development course is offered to Rotarians to develop their skills in leadership, management, communication and strategy, and to aid improvement in their performance, knowledge and enjoyment, while helping to lead teams, clubs and District.

The cost is \$30 per participant and most clubs cover the cost for their members. Rotarians outside of Rotary District 9685 are welcome to register at \$40 per person, as extra admin is required.

Contact: Amanda Barnes  
Rotary Leadership Institute Convenor - 2023-2024  
[barnesamanda.2016@gmail.com](mailto:barnesamanda.2016@gmail.com)  
0410 572 368



# Mountain Ghost

Megalong Road was built in the early 1900s. It's not designed to take the impact of multiple natural disasters and extreme flooding events. We have to build it back, at a better quality, for the sake of the Megalong Valley community and economy, Mayor Mark Greenhill said.

## MEGALONG VALLEY

The Mountain Ghost was reading about the plight of residents of Megalong Valley. The only road in has been washed away in torrential rain and it could be months before the road fully reopens.

How will they get bread and milk asked a concerned Mrs Ghost. The Ghost wondered how they would get a beer, but there is plenty of wine from Dry Ridge Wines.

There evidently is a fire trail out of the Valley. The Ghost remembers reading that the Hydro Majestic Hotel at Medlow Bath looks down on the Valley.

In the early days of the hotel they use to get produce from the valley floor via a giant flying fox to the hotel. The flying fox was capable of bringing people up from the Valley as well. The Ghost can't remember what powered the flying fox.

Let's get a bit of history on the Valley thought the Ghost, powering up his Eye Pad. He found two explanations for the name Megalong. The first was that Megalong is an aboriginal word from the Gundungurra people thought to mean "Valley under the Rock".

The second explanation is that in colonial times a lady called Margaret Alison Long ran a teahouse in the valley selling more than just tea. She was known as Meg A Long. The Ghost dismisses this explanation as very unlikely.

According to Wikipedia, the first record of a European coming to the Valley was Thomas Jones, a Botanist who followed the course of the Coxs River from Hartley to Burragorang (now part of the Warragamba Dam) in 1818.

The first land was taken up in 1838 by settlers from Camden and Burragorang. Later in the 19th century an oil shale mine was operated by J.B. North. He named a nearby glen after his daughter Nellie and it is still known as Nellie's Glen today.

The shale was taken by a horse drawn tramway to a tunnel at Narrow Neck at Katoomba. There was a village called Megalong supporting the mining but it was in ruins by the 1930s.

The Valley is still used for farming and tourism. Some of the many attractions in this beautiful valley are the Megalong Tea Rooms, the Six Foot Track heading to Jenolan Caves, the many bed and breakfast places and the horse riding properties.

There are two wineries (Megalong and Dryridge Estate) and fine dining at Lot 101 Restaurant. The Ghost thinks

any place that serves food on a plate is fine dining. On the way into the Valley you can always stop at Logan Brae for the best apples in the world.

**The Ghost thinks the Mountains are a great place to live. Hurry up and fix that road!**



*Image: BMCC Media Unit*

Blue Mountains City Council is working to restore road access as soon as possible.

"We want to get one-lane vehicle access operating again on Megalong Road, as soon as possible," Blue Mountains CEO Dr Rosemary Dillon said in a statement.

The council contractors are spraying concrete at the site of the collapse, which will then enable them to use large soil nails and sheet piles to build a one-lane access road.

Other options explored for securing access included cutting into the rock wall of the site, or bringing in a temporary bridge.

Blue Mountains City Council Mayor Mark Greenhill has appealed to the state government to urgently fund repairs of the new road.

"Megalong Road was built in the early 1900s. It's not designed to take the impact of multiple natural disasters and extreme flooding events. We have to build it back, at a better quality, for the sake of the Megalong Valley community and economy.

"The full cost of road repair in the Megalong Valley is more than council's total annual income," Mayor Mark Greenhill said.

*...that's all folks*